

Sunday 22 February 2026 First Sunday of Lent

COLLECT

Almighty God,
whose Son Jesus Christ fasted forty days in
the wilderness,
and was tempted as we are, yet without
sin:

give us grace to discipline ourselves in
obedience to your Spirit;
and, as you know our weakness,
so may we know your power to save;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

FIRST READING Genesis 2:15-17; 3:1-7

A reading from the book of Genesis.

The LORD God took the man and put him
in the garden of Eden to till it and keep it.
And the LORD God commanded the man,
"You may freely eat of every tree of the
garden; but of the tree of the knowledge
of good and evil you shall not eat, for in
the day that you eat of it you shall die."
Now the serpent was more crafty than
any other wild animal that the LORD God
had made. He said to the woman, "Did
God say, 'You shall not eat from any tree
in the garden?'" The woman said to the
serpent, "We may eat of the fruit of the
trees in the garden; but God said, 'You
shall not eat of the fruit of the tree that
is in the middle of the garden, nor shall
you touch it, or you shall die.'" But the
serpent said to the woman, "You will not
die; for God knows that when you eat of
it your eyes will be opened, and you will
be like God, knowing good and evil." So
when the woman saw that the tree was
good for food, and that it was a delight
to the eyes, and that the tree was to be
desired to make one wise, she took of its
fruit and ate; and she also gave some to
her husband, who was with her, and he
ate. Then the eyes of both were opened,
and they knew that they were naked; and
they sewed fig leaves together and made
cloths for themselves.

PSALM Psalm 32

*Be glad, you righteous, and rejoice in
the Lord.*

Happy the one whose transgression is
forgiven,
and whose sin is covered.
Happy the one to whom the Lord imputes
no guilt,
and in whose spirit there is no guile. **R**



For I held my tongue;
my bones wasted away
through my groaning all the day long.
Your hand was heavy upon me day and
night;
my moisture was dried up like the drought
in summer.
Then I acknowledged my sin to you
and my iniquity I did not hide. **R**

I said, "I will confess my transgressions to
the Lord,"
and you forgave the guilt of my sin.
Therefore let all the faithful make their
prayers to you in time of
trouble; in the great water flood, it shall
not reach them.
You are a place for me to hide in;
you preserve me from trouble;
you surround me with songs
of deliverance. **R**

"I will instruct you and teach you
in the way that you should go;
I will guide you with my eye.
Be not like horse and mule which have no
understanding;
whose mouths must be held with bit and
bridle, or else they will not stay near
you." **R**

Great tribulations remain for the wicked,
but mercy embraces those who trust in the
Lord.
Be glad, you righteous, and rejoice in the
Lord;
shout for joy, all who are true of heart. **R**

SECOND READING Romans 5:12-19

*A reading from the letter of Paul to the
Romans.*

Just as sin came into the world through
one man, and death came through sin,
and so death spread to all because all
have sinned – sin was indeed in the world
before the law, but sin is not reckoned
when there is no law. Yet death exercised
dominion from Adam to Moses, even
over those whose sins were not like the
transgression of Adam, who is a type
of the one who was to come. But the
free gift is not like the trespass. For if
the many died through the one man's
trespass, much more surely have the grace
of God and the free gift in the grace of
the one man, Jesus Christ, abounded
for the many. And the free gift is not like
the effect of the one man's sin. For the
judgement following one trespass brought
condemnation but the free gift following
many trespasses brings justification.
If, because of the one man's trespass,

death exercised dominion through that
one, much more surely will those who
receive the abundance of grace and
the free gift of righteousness exercise
dominion in life through the one man,
Jesus Christ. Therefore just as one man's
trespass led to condemnation for all, so
the act of righteousness of one leads to
justification and life for all. For just as
by the one person's disobedience the
many were made sinners, so by the one
man's obedience the many will be made
righteous.

GOSPEL Matthew 4:1-11

*Hear the gospel of our Lord Jesus Christ
according to Matthew.*

Jesus was led up by the Spirit into the
wilderness to be tempted by the devil.
He fasted forty days and forty nights,
and afterwards he was famished. The
tempter came and said to him, "If you are
the Son of God, command these stones
to become loaves of bread." But he
answered, "It is written, 'One does not live
by bread alone, but by every word that
comes from the mouth of God.'" Then the
devil took him to the holy city and placed
him on the pinnacle of the temple, saying
to him, "If you are the Son of God, throw
yourself down; for it is written, 'He will
command his angels concerning you,' and
'On their hands they will bear you up, so
that you will not dash your foot against
a stone.'" Jesus said to him, "Again it is
written, 'Do not put the Lord your God
to the test.'" Again, the devil took him
to a very high mountain and showed him
all the kingdoms of the world and their
splendour; and he said to him, "All these
I will give you, if you will fall down and
worship me." Jesus said to him, "Away
with you, Satan! for it is written, 'Worship
the Lord your God, and serve only him.'" Then the devil left him, and suddenly
angels came and waited on him.

POST COMMUNION

Lord God,
you have renewed us with the living bread
from heaven;
by it you nourish our faith,
increase our hope,
and strengthen our love:
teach us always to hunger for him
who is the true and living bread,
and enable us to live by every word
that proceeds from out of your mouth;
through Jesus Christ our Lord.